

# WHAT TO BRING

- Clothing for 2 weeks to include up to 2 “church” outfits, 1 jacket, 3 pairs of shoes plus one pair of slides, flip flops, bedroom slippers or sandals. This includes gym clothes, work clothes, etc. ABSOLUTELY NO PROFANITY, REFERENCES TO DRUG, ALCOHOL OR SEX. NO EXCEPTIONS
- Personal Hygiene Items
  - Toothbrush and toothpaste
  - Bodywash, shampoo, deodorant
  - No more than 3 towels
  - If you want to bring mouthwash, it MUST be alcohol free
- Notebook, pencils or pens, backpack, Bible (if you have one)
- Identification
- Medication (if applicable)

\*\*Please note: NO over the counter medication is allowed without prior staff approval. This includes ibuprofen, aspirin, melatonin, etc.